

Supporting a Healthy Community on Treneere



BTCV is a charity registered in England (261009) and in Scotland (SC039302)

Yap and Yarn

Come and join in with the Treneere residents' group, **Yap and Yarn**. We meet every Wednesday at the Col-Coombe Centre at 1.00pm. Wool and needles are supplied in the first instance; you can bring your own project or just come for tea, biscuits and a chat. The group is very informal and friendly, just turn up and **yap and yarn**. All are welcome.



Lose the Tum

Would you like to lose some weight or get a bit fitter? Come and join us for the **FREE Shape Up** programme running on **Thursday mornings** at the **Richmond Church Hall** from **10.00 'til 11.30am** and including some optional exercises. If you would prefer one-to-one support, in the privacy of your own home, we can also run sessions tailor-made for you. To book or arrange individual support call Michelle on **01736 874750**



All Together Now Treneere Festival



Produce and Craft Competition

Following a very successful show last year BTCV is organising a Produce and Craft Competition at the All Together Now festival on the 19th August 2009. Entries are welcome from adults and children and all class winners will receive a prize and a rosette. Entry forms can be collected from Michelle at the Neighbourhood Office. Classes are as follows:

Tallest sunflower (seeds available from the Neighbourhood Office); **Best Sponge Cake**; **Best Heavy Cake**; **Best Carrots**; **Best Beans**; **Best Potatoes**; **Best Onions**; **Best Comedy Vegetable**; **Best Eggs**; **Best Woolly Thing**, **Best Craft Item**; **Best Photo**.

Your local Health Trainer

Need someone to chat to?
Could do with some practical support on personal or family issues, as well as health?

Would like to take a few small steps in a different direction?

Come and have a chat with your Treneere Health Trainer, Michelle Nicholson—either drop in to the Neighbourhood Office or call her on 01736 874750 or 07825 056581.

